

CAULIFLOWER TOTS

CALORIES

95 kcal

TOTAL TIME

1 hour

SERVINGS

6

INGREDIENTS

4 cups cauliflower florets

1/2 onion, grated

1/4 cup flour

Salt and pepper

1 egg

1/4 cup shredded parmesan

1/4 cup shredded cheddar

Cooking spray

INSTRUCTIONS

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper
2. Bring an inch of water to a boil in a medium saucepan. Place the cauliflower in the steamer basket set over the boiling water. Cover and steam the florets for 5 minutes, until they're easily pierced with a fork
3. Working in batches, place the steamed florets in the food processor and process for 10 seconds until they are completely chopped into a meal. Transfer each batch of meal to a clean, thin dish towel or piece of cheesecloth. Continue to process the remaining florets. Once all the cauliflower meal is cool enough to handle, gather the corner of the towel and, working over the sink, squeeze out as much liquid as you can. Transfer the squeezed meal to a large bowl.
4. Add the egg, grated onion, parmesan and cheddar cheeses, flour, and salt and pepper to taste to the bowl with the cauliflower. Use a rubber spatula to mix everything together. Allow the mixture to rest for 5 min so it can come together.

5. Spray the prepared baking sheet generously with cooking spray. Use your hands to form 34 small "tater" tots, about 1 inch long by 1/2 inch wide, placing them on a baking sheet about 1 inch apart. All the tots should fit on one pan, though you can work in batches if needed. Spray the tots generously with cooking spray.
6. Bake for about 20 minutes, until golden brown. Flip the tots and cook for another 10 minutes, until they are browned all over
7. While the tots are hot, sprinkle with additional salt and serve with ketchup, if desired.
8. Any leftovers can be stored in an airtight container in the fridge for 10 days. To reheat, place the tots on a baking sheet and broil them on a high for a couple minutes until heated through and crispy on the outside.
9. Enjoy!
